

"An Ounce of Prevention is Worth a Pound of Cure"

A Proven Motto for Health Promotion & Education

Sports Injury Prevention was a major focus of the 2004 SAFE KIDS Coalition.



INJURY PREVENTION

Sports-related injuries are one of the leading causes of hospital visits by Lancaster County youth 14 years of age and younger. From 2000 to 2002, over 1,000 youth participating in soccer, baseball, basketball, and football programs were treated in local hospital emergency rooms for injuries sustained while playing or practicing. Over \$750,000 was spent to provide emergency room treatment. To prevent and reduce injuries of this kind, the Lincoln-Lancaster County SAFE KIDS Coalition with leadership from the LLCCHD, Madonna Rehabilitation Hospital, and the Nebraska Dental Association conducted an Injury Prevention Clinic for youth soccer coaches.

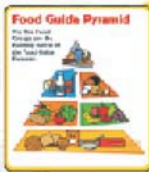
SCHOOL HEALTH EDUCATION

2004 School Health Fair Winners

The School Health Fair, School Health News and health education through the community learning centers are just a few of the Department's collaborative projects reaching over 39,000 K-12 students annually. The Health Department provides all Lancaster County elementary schools a chance to participate in a School Health Fair each year. The objective is to promote positive health behaviors among young people by providing educational materials and activities for health teachers to incorporate into their classroom curriculum. This year's theme, "Got Health?", focused on promoting physical activity and good nutrition.



THE PARENT'S JOURNAL



The Parent's Journal is a weekly, nationwide radio series for parents, grandparents, and others who care for and about children. This parent-education program is designed to help parents face the many challenges of everyday parenting.

Registered dietitians teach the importance of good nutrition and the health benefits of breast feeding.

Good Nutrition & Weight Control

Childhood obesity and its health risks, such as Type II Diabetes, are increasing in epidemic proportions. The LLCCHD WIC staff is working to combat the problem at an early age. In 2004, almost 60% of the children over the age of 2 who were at-risk for overweight or obesity showed an improvement within 6 months of participation on WIC. Children who are breastfed are less likely to be obese as adults. At LLCCHD WIC, 66% of women initiate breastfeeding and 59% continue for more than 5 weeks.



Funded by Doctors Cary and Lisa Peterson of Lincoln



Malone neighborhood picnic and health fair

Effective education requires going to where people live, to their neighborhoods, schools and workplaces.

Community Outreach & Education

Dental Health Education Accomplishments

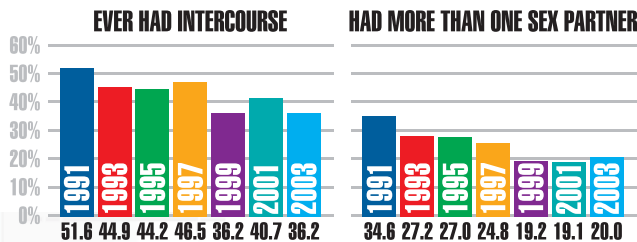
- 2,201 3rd grade children received a dental health presentation
- 5,322 children took part in dental school screenings and referrals
- 6,838 individuals were seen in the dental clinic

Dental hygienists teach children the importance of brushing, flossing and good dental health habits.



Health behaviors of adolescents are collected through Youth Risk Behavior Survey.

SEXUAL ACTIVITY LANCASTER COUNTY HIGH SCHOOL STUDENTS



Source: Lincoln-Lancaster County Health Department Youth Risk Behavior Survey

Lincoln Fatherhood Coalition and Lincoln-Lancaster Teenage Pregnancy Prevention Coalition address high risk youth behaviors.

The Lincoln Fatherhood Coalition is helping more fathers become more involved with their children and encouraging absent fathers to reconnect with their children. Research shows that children with involved fathers are less likely to live in poverty, fail in school, abuse drugs, become involved in crimes, commit suicide or develop emotional and behavioral problems.

The Teenage Pregnancy Prevention Coalition was formed to deter teenage pregnancy and prevent the negative effects of adolescent child bearing and parenting. The coalition respects a diversity of philosophical viewpoints and is working collaboratively to help parents talk with their children about sexual health issues.